

The City of Mountain View Public Library  
and  
El Camino Hospital  
present

# Autumn Health Series



## **Life in the Fast Lane: a Guide to Healthy Eating**

**Wednesday, September 29, 7:00-8:30 pm**

*Join registered dietician Irene Franklin, MS, to learn how good nutrition can help you lose weight and reduce your risk of disease.*

## **Manage Your Diabetes**

**Wednesday, October 13, 7:00-8:30 pm**

*Preventative action can actually impact the progression of diabetes. Beya M. Sioson, RN, is a registered diabetes educator who will present techniques for managing this disease.*

## **Medicare: Your Benefits, Rights, and Options**

**Wednesday, November 10, 7:00-8:30 pm**

*Confused about Medicare? Connie Corrales, director of HICAP (Health Insurance Counseling and Advocacy Program) for the Council on Aging/Silicon Valley, will give a talk on senior health-care rights and benefits.*

All programs are free to the public.  
No registration required; walk-ins are welcome!

Mountain View Public Library Community Room  
585 Franklin Street, Mountain View, CA 94041  
650 903 6337